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COMPOSITIONS, METHODS, AND KITS FOR WEIGHT LOSS AND
INHIBITING THE LOSS OF LEAN BODY MASS

Abstract

5 Disclosed are combinations of soy protein and chromium in amounts effective to
inhibit the loss of lean body mass of a subject under caloric restriction. Further
combinations include corosolic acid and optionally additional chromium. Still further
combinations include a dietary composition of *Fucus vesiculosus*, *Gambogia garcinia*,
Apis mellifica, *Badiaga*, *Calcarea carbonica*, *Passiflora incarnata*, *Baryta carbonica*,
10 *Calcarea fluorica*, *Lycopodium clavatum*, *Berberis vulgaris*, *Leptandra virginica*, *Thuja*
occidentalis, *Galium aparine*, *Urtica urens*, *Histaminum muriaticum*, and *Sabadilla*.
Compositions of the disclosed soy protein, chromium, and corosolic acid combinations
are disclosed as are kits containing the disclosed combinations as well as methods of
using the disclosed combinations and compositions for weight loss and the inhibition of
15 the loss of lean body mass in a subject during weight loss.